

NATICK

RECREATION AND PARKS

Winter
Spring

REGISTRATION BEGINS
DECEMBER 6th @ NOON

2024

DEPARTMENT INFORMATION



BUSINESS HOURS:

Monday – Thursday: 8:00 am – 6:00 pm

Friday: 8:00 am – 5:00 pm

Hello Residents,
Recreation and Parks is committed to ensuring all Natick residents have the opportunity to experience physical and mental wellness through quality recreation programming.

This season, we are excited to combine our Winter and Spring offerings for you for the very first time! We have many new and exciting programs coming, as well as the return of so many favorites.

Please follow us on Facebook and Instagram for the most updated information.

It is the privilege of our department to serve this wonderful community and we take great pride in offering equitable and inclusive programs to all of our citizens.

-Travis Farley,
Deputy Director of
Community Services



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DEPARTMENT INFORMATION

MEET OUR TEAM



Melissa Carter
Adaptive Program
Coordinator



Lauren Meurer
Assistant Director
Programs & Services



Travis Farley
Deputy Director of
Community Services/
Recreation and Parks



Kathy Gross
Assistant Director
Resource Allocation

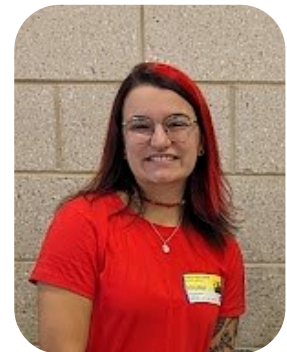


Tori Magarie
Assistant Director
Programs & Events



Andrea Verdelli
Administrative Assistant

Serena Roberts—Receptionist
Sarah Barnes—Receptionist
Melina Troccoli—Receptionist
Mary-Lou Coffey- Executive Assistant
Shawn Gilbert- Custodian



Nicole Miller
Teen Coordinator

RECREATION & PARKS COMMISSION



Kelly McPherson— Chair
Seth Levine— Vice Chair
Sandra Dower— Member
Mike Fair— Member
Dave Hiller— Member
David Ordway— Member
Jessica Ordway— Member
Barbara Sanchez— Member
Saul Beaumont— Member
Wayne Sztetter— Member

Contact Us

Address: 179 Boden Lane Natick MA, 01760
Phone: 508-647-6530
Fax: 508-647-6535
Email: recreation@natickma.org
Website: www.natickma.gov/recreation
Facebook: [Facebook.com/NatickRecParks](https://www.facebook.com/NatickRecParks)
YouTube: Natick Recreation and Parks
Department

DEPARTMENT INFORMATION



Refund Policy: The Natick Community Services Department has a "No Refund" policy. Extreme circumstances could be reviewed and would require notification in writing accompanied by proper documentation.

Weather Cancellations: We will make the inclement weather call on the day-of, and communicate with participants via email and social media.

Photo Policy: All participants are subjected to being recorded with audio and video when participating in Natick Recreation and Parks programming unless requested otherwise in writing.

Waitlist: It costs \$0 to register yourself on the waiting list. Depending on availability, the department will notify participants via phone or email and payment is due prior to the start of the program.



Every program and activity in the Recreation and Parks Department is open to all, regardless of race, religion, color, gender, marital status, national origin, or persons with disabilities.

See page (21-26) to learn more about our Skyline adaptive programming



PROGRAM FACILITIES AND FIELDS

Cole Center	179 Boden Lane
Natick Community-Senior Center	177 E. Central Street
Connor Heffler Park (East School)	90 Oak St, Natick
Sudbury House of Dance	387 Boston Post Rd, Sudbury
J.J. Lane Park	185 Speen St, Natick
Kennedy Middle School	165 Mill St, Natick
Natick Common	12 S. Main St, Natick
Natick Community Organic Farm	117 Eliot St, Natick
William L. Chase Arena	35 Windsor Ave, Natick
Wilson Middle School	22 Rutledge Rd, Natick

SPECIAL EVENTS



Saturday, December 16th

9:30-10:30 am

OR

10:45-11:45 am

Community-Senior Center

Great Room

\$15 per child/\$30 per family

Come for breakfast and a visit with Santa!!! Families can enjoy a continental breakfast followed by Christmas coloring/crafts and a special visit from Santa with plenty of time to meet Mr. Claus! Each registered child will receive a small gift assuming they are on the Nice List!

Tree Lighting

Saturday, December 2nd

2:00– 5:00 pm

Natick Town Common

Join the Natick Recreation and Parks Department for its annual Holiday Lighting Festival on the Common. Enjoy free crafts, caroling and more and a visit from Santa himself! Santa will still be touring town courtesy of Natick Fire Department a map will be released later in the fall. Sponsored by Punchbowl!

FREE EVENT

SPECIAL EVENTS



All Holiday
décor styles
accepted!

FREE!

HOUSE DECORATING CONTEST HOLIDAY EDITION

REGISTER YOUR HOME BY: TUES, DECEMBER 19TH

Winners will be announced by January 5th!

Are you excited to decorate your house for the Holidays? Enter your home in our Holiday Decorating Contest. Three winning houses will be awarded prizes. Homes will be judged on creativity, use of décor, and overall appearance. One prize awarded via Facebook voting, the other two chosen by department committees.

All addresses will be made public so residents can view your displays. A map will be released leading up to voting.

Register through CommunityPass!
See submission guidelines online.

SPECIAL EVENTS

**AGE 4-GRADE 4
COLE CENTER**

**A VALENTINE DANCE
SPENT WITH
"A SPECIAL SOMEONE"**

Sweethearts Dance

This dance is for any parent/guardian/grandparent etc. and their special young one. Spend time with each other in a unique and fun way. Music, dancing, games, refreshments, and memories are planned!

PRE-REGISTRATION IS A MUST! NO ONE WILL BE ALLOWED IN THE DOOR IF YOU HAVE NOT ALREADY REGISTERED. THERE ARE A LIMITED NUMBER OF SPOTS.

S#	DAY	DATE	TIME	PRICE	AGE
01	SAT	FEB 10	4:30-5:45 PM	\$25/COUPLE	4-5
02	SAT	FEB 10	6:00-7:15 PM	\$25/COUPLE	6-7
03	SAT	FEB 10	7:30-8:45 PM	\$25/COUPLE	8-9



**FLASHLIGHT
EGG HUNT**

**SAT, MAR 23 | 7:30 PM
GRADES 1-4 | COLE CENTER**

**\$5.00
PER CHILD**

Each child should bring a flashlight!

Come on down and join the fun. A number will be given to each child upon check in, after which they will search the turf field for two eggs with their number on it. Turn in your two eggs with your assigned number & get a goodie bag!

Child must be able to do the hunt on his/her own. No adults will be allowed onto the field during the hunt.

For more information call us
508-647-6530



AGES 3-6

**FUN WITH THE
BUNNY!**

**MARCH 23, 2023
3:00-3:45 PM | \$10
Cole Center**

Bunny hop to the Cole Center for some great entertainment and say hello to the Easter Bunny! Event will begin at 3:00pm with entertainment and a special guest. Photo opportunities will be available after the performance.

Each child registered will receive a goody bag at the end of the performance.

QUESTIONS? CALL 508-647-6530
Cost is per child

ONE-TIME PROGRAMS / EARLY RELEASE

BLAST BABYSITTING

*NOW WITH CPR/AED CERTIFICATION

(Grades 6-9)

Instructor: Juanita Allen, EMT/CPR & First Aid Instructor

Location: Cole Center

Babysitter Lessons and Safety Training. Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink. Class now includes certification in CPR/AED.

S#	Day	Date	Time	Price
01	Fri	Feb 2	3:30-6:30pm	\$85
02	Wed	Apr 3	3:00-6:00pm	\$85

(NTP Member: \$81)

CHILDREN'S CONVERSATIONAL SKILLS

(Ages 7-12)

Instructor: New England School of Protocol

Location: Community-Senior Center

For many children and teens it is easy to strike up a conversation or join one already in progress but for others engaging in small talk or starting a conversation can be challenging. Our conversation skills workshop for children and teens will cover some of the following topics: how to start a conversation, ice-breakers to start a conversation, how to keep a conversation going, how to end a conversation, topics to avoid, active listening and not interrupting, being respectful and non-judgmental, rude and disrespectful body language and behavior.

S#	Day	Date	Time	Price
01	Wed	Feb 7	2:45-4:00 pm	\$55

CHILDREN'S SOCIAL SKILLS

(Ages 7-12)

Instructor: New England School of Protocol

Location: Community-Senior Center

The children's workshop aims to teach participants life skills and instill social consideration and mutual respect. We believe that when children are taught these basic social skills in their early years, they tend to become more socially responsible as they grow up. Some of the topics that are covered in the social skills workshop include how to make a positive first impression, body language, the handshake and the power of a smile, rules of introduction, respect and courtesy at home and outside the home, writing thank you notes, proper telephone protocol, self-care and sportsmanship etiquette.

S#	Day	Date	Time	Price
01	Wed	Mar 13	12:00-1:30 pm	\$60

CHILDREN'S DINING ETIQUETTE

(Ages 7-12)

Instructor: New England School of Protocol

Location: Community-Senior Center

This workshop is offered for children and teens. The course teaches students the appropriate table manners and dining etiquette to reinforce confidence and respect. We start with how to be seated at the table and go through each course as students learn the do's and don't of proper dining decorum. Topics include: RSVP's, approaching and seating at the table, the napkin and its uses, understanding place settings, how to correctly hold and use silverware, passing food at the table, the bread-and-butter plate, the soup course, different dining styles including the American and Continental styles, appropriate table conversation, what to do with unwanted food & much more.

S#	Day	Date	Time	Price
01	Wed	Feb 7	1:00-2:30 pm	\$75

CHILDREN'S RESTAURANT READY WORKSHOP

(Ages 7-12)

Instructor: New England School of Protocol

Location: Community-Senior Center

In this class students will learn how to use good manners at the table when dining out at a restaurant or a special event. Table manners are not just about how to hold your silverware or how to place your napkin. Good table manners also show self-awareness, respect, and courtesy to others. They are important tools for social interactions that will benefit children personally and professionally for the rest of their lives. Topics include Invitations and how to R.S.V.P., waiting for a table, how to be seated, speaking to servers, menu and ordering food, sharing food, eating difficult foods, how to handle food allergies, proper conversations at the table, complimenting the chef and wait staff and other restaurant manners.

S#	Day	Date	Time	Price
01	Wed	Mar 13	1:45-3:00 pm	\$75

FIRST AID/CPR/AED

(Ages 16+)

Instructor: Juanita Allen

Location: Cole Center

This certified course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. An in-person skills check will take place with the instructor. Certification is valid for 2 years.

S#	Day	Date	Time	Price
01	Wed	Feb 7	6:15-8:30 pm	\$85
02	Wed	Apr 3	6:15-8:30 pm	\$85

ONE-TIME PROGRAMS / EARLY RELEASE

HOME ALONE SAFETY

(Grades 3-5)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor
Location: Cole Center

Students will learn telephone and door answering techniques, internet safety and accident and fire protection. They will also learn some basic first aid and time management tips for when they are alone for short periods of time.

S#	Day	Date	Time	Price
01	Fri	Feb 2	4:00-5:30pm	\$50
02	Wed	Apr 3	1:15- 2:45pm	\$50

MIDDLE SCHOOL EARLY RELEASE

SNOW TUBING

(Grades 5-8)

Instructor: Recreation Staff
Location: Nashoba Tubing Park, Westford, MA

Don't spend the release day in front of the tube, spend it in one. Join your friends on the tubing slopes at Nashoba for an afternoon of fun. Pack a lunch or bring money for lunch at the concessions. Fee includes tube rental for 3 hours, transportation and chaperones. Buses will pick-up students at Wilson and Kennedy Middle Schools at 11:30 am. Drop-off is at the Cole Center (179 Boden Lane) at 5:00 pm.

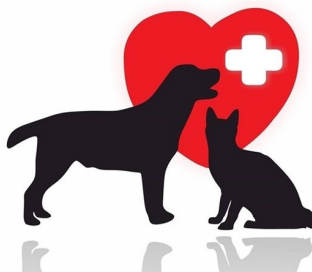
S#	Day	Date	Time	Price
01	Wed	Feb 7	11:30 am--5:00 pm	NTP Member: \$55

NTP Non-Member: \$60

PRO PET HERO PET FIRST AID & CPR

(Ages 15+)

Instructor: Tom Topham
Topham Emergency
Medical Education
Location: Cole Center



This course teaches first aid techniques to address the most common emergencies that can occur with small and large dogs as well as cats. This course will train you to notice abnormalities and detect early warning signs in pets. You will also learn essential pre-vet care and life saving techniques for those times when immediate action can make all the difference.

S#	Day	Date	Time	Price
01	Wed	Jan 10	6:00-9:00 pm	\$66
02	Wed	Mar 6	6:00-9:00 pm	\$66
03	Wed	May 1	6:00-9:00 pm	\$66

PRE-TEEN "NETIQUETTE" WORKSHOP

(Ages 13-18)

Instructor: New England School of Protocol
Location: Community-Senior Center

Is technology making your teen or pre-teen rude? Social media platforms are great places to communicate and learn. However, since there are no rules laid out for users, there is often a lack of etiquette on social media. Teens need to keep in mind that colleges and employers are seeking people with not just good technical and academic skills, but also with social graces, self-awareness, and a positive presence on the internet. In this workshop participants will learn how to be more aware and digitally responsible in order to ensure that their image is well-reflected. Topics include: *Texting protocol*– when is texting appropriate and what to keep in mind when sending txts. *Email Etiquette*– tips to keep in mind when using email, being professional when using email, including formality, timing, salutations, subject line, reply all, privacy etc., and things to avoid when sending an email. *Social Media Etiquette*– questions to ask yourself before post on social media, the do's and don'ts of social networking, being professional on social media, and more.

S#	Day	Date	Time	Price
01	Wed	Apr 3	5:00-6:00 pm	\$75

PUZZLE PALOOZA

(All ages)

Instructor: Recreation Staff
Location: Cole Center

Join us for a puzzle making contest! Come with a team of up to 4 people to finish a puzzle of 500-750 pieces first while competing for a puzzle prize! All teams get the same puzzle and the first one to finish wins the prize! Oh, and each team gets to bring the puzzle home! We will provide pizza and drinks and you can meet new people in the community! Only one person per team needs to register.

S#	Day	Date	Time	Price
01	Thu	Mar 7	7:00 pm	\$15 per team
02	Thu	May 16	7:00 pm	\$15 per team

TEEN INTERVIEW PREP

(Ages 13-18)

Instructor: New England School of Protocol
Location: Community-Senior Center

The goal of this workshop is to help students prepare for an interview by teaching best practices as they navigate through the interview process before, during, and after the interview. The workshop is interactive that will help prepare the student with the skills and knowledge to go through the interview process with confidence.

S#	Day	Date	Time	Price
01	Wed	Apr 3	6:15-7:45 pm	\$75

VACATION WEEKS!

FEBRUARY ADVENTURE WEEK

(Grades 5-8)

Instructor: Recreation Staff

Location: Drop-off at Cole Center

Join our Recreation staff on a different adventure each day, visiting local attractions and embarking on new adventures! Participants should bring sneakers with a good sole, a lunch that does not need to be refrigerated, snack, water bottle and a backpack. All activities listed are dependent on weather and availability, and subject to change. Waivers are required for various activities and must be completed by a parent or guardian. These forms will be made available at the beginning of the week. Participants will not be able to attend if the form is not filled out.

S#	Day	Date	Time	Place
01	Tue	Feb 20	9:00 am-4:00 pm	Boda Borg and Xtreme Craze
02	Wed	Feb 21	9:00 am-4:00 pm	Altitude and APEX Ent.
03	Thu	Feb 22	9:00 am-4:00 pm	Launch Trampoline Park and Dave & Busters

Cost per day:

NTP Members \$105, Non-member \$120

APRIL ADVENTURE WEEK

(Grades 5-8)

Instructor: Recreation Staff

Location: Drop-off at Cole Center

Join our Recreation staff on a different adventure each day, visiting local attractions and embarking on new adventures! Participants should bring sneakers with a good sole, a lunch that does not need to be refrigerated, snack, water bottle and a backpack. All activities listed are dependent on weather and availability, and subject to change. Waivers are required for various activities and must be completed by a parent or guardian. These forms will be made available at the beginning of the week. Participants will not be able to attend if the form is not filled out.

S#	Day	Date	Time	Place
01	Tue	Apr 16	9:00 am-4:00 pm	Urban Air Trampoline Park
02	Wed	Apr 17	9:00 am-4:00 pm	Boda Borg and Bowling
03	Thu	Apr 18	9:00 am-4:00 pm	Boundless Adventures

Cost per day:

NTP Members \$105, Non-member \$120

LEGO BRICQ MOTION

February Vacation Week

(Grades 1-4)

Instructor: Wicked Cool For Kids

Location: Cole Center

LEGO BricQ Motion is an exploration of forces and motion by testing design solutions. Kids modify their designs to get the optimum pull or push needed. Engineer a change in the speed or direction of an object with a push or a pull. Create an obstacle course for a dog, build a spring launcher for a race car derby and make a Minifigure dance party.

S#	Day	Date	Time	Price
01	Tue-Fri	Feb 20-23	9:00am-12:00pm	\$235



MINI MUSICAL THEATER (Feb & April!)

(Ages 5-10)

Instructor: Cindy Wright

Location: Cole Center

This program is a wonderful introduction to the world of musical theater. Children will sing, dance and act to bring a familiar story to life. Classes will be spent learning songs, dances and dialogue. Age appropriate roles will be assigned. Children will work toward an informal performance at the end of the last class. (4 days)

S#	Day	Date	Time	Price
01	Tue-Fri	Feb 20-23	9:30 am-12:30 pm	\$150
02	Tue-Fri	Apr 16-19	9:30 am-12:30 pm	\$150

SCIENCE DISCOVERIES, DUNGEONS & DRAGONS

(Grades 1-4)

Instructor: Wicked Cool For Kids

Location: Cole Center

Embark on a science adventure! Welcome to the Isle of Summersvale where you will create your own exclusive tabletop version of the board game, develop your character and become a Dungeon Master. Bring the adventure to life as we do real science experiments, create potions, build a throne and make model monsters. Fulfill the prophecy of adventure with this week of gaming and science discovery fun. Become the master of your own realm! Please pack a small snack, lunch, and a water bottle for the day.

S#	Day	Date	Time	Price
01	Tues-Fri	Feb 20-23	9:00 am- 4:00 pm	\$325

ENGINEERING AND ELECTRICITY

(Grades 1-4)

Instructor: Wicked Cool For Kids

Location: Cole Center

In the morning, Wicked Cool Engineers will be put to the task of building things that move. We'll learn about the engineering and design process to build balloon powered cars, hovercrafts and aerodynamic flyers. Create cars that zip down a ramp but keep a passenger safe. We'll also examine the science of how things move by looking at Newton's laws of motion. In the afternoon session, kids construct basic circuits and experiment with insulators and conductors while learning about electricity. Each day we'll build new projects using the SNAP circuit system, integrating switches, bulbs, and other components for an electrifying time.

S#	Day	Date	Time	Price
01	Tue-Fri	Apr 16-19	9:00 am-4:00 pm	\$325

PRESCHOOL PROGRAMS

ON MY OWN PLAYGROUP

(Ages 2-5)

Location: Cole Center

STAFF



Jill London



Lisa Crowley



Katie Genaske



Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories, and dance. Class will go outside when weather permits. This program is NOT certified by EEC. Registration runs monthly and parents can register for a day(s) per month.

- Child must be the proper age on the first day of class.
- Please bring a snack and water bottle. **NO PEANUTS OR NUT PRODUCTS.**
- For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

Fee: \$115 per day per month (**registrations limited to 3 days a week**) Registration runs monthly.

Time: 9am-11am

Days: Monday, Tuesday, Wednesday, Thursday, & Friday

Dates: January, February, March, April, May, June

****Program does not run on holidays****

INDOOR TOT TIME

(Ages 1-5)

Location: Cole Center

Are you looking for a fun and safe alternative for your child during the cold fall/winter months? Would you like to meet local parents with children similar in age to your child? Look no further! This program will allow your children to explore a large open space and interact with other children. Climbing mats, sports equipment, and play equipment will all be pulled out for the kids to enjoy at their own leisure. Parents/caregivers must accompany their children at all times during this unstructured program. No fee for children under 1 if accompanied by siblings.

Time: 11:00am-12:00pm

Fee: \$20 for season (fee allows you to drop in on any indoor tot time day)

Dates: Monday, November 6 to Wednesday, March 27

Days: Mondays/Wednesdays/Fridays

(No class Nov: 10, 15, 22, 24, 27, Dec: 13, 25, 27, 29, Jan: 1, 15, 24, Feb 7, 19, 21, 23, Mar 13)



PRESCHOOL PROGRAMS

CHALLENGER • TINY TYKES SOCCER

(Ages 3-5)

Instructor: Challenger Sports Coaching Staff

Location: Cole Center

Tiny Tykes is an innovative program, created by childcare specialists that introduces children 2-5 years old to the basic skills of soccer. Challenger Coaches use fundamental soccer activities, games and stories to develop skills in the following areas: balance and coordination.

S#	Day	Date	Time	Price
Cubs (Age 2-3)				
01	Tues	Mar 5-Apr 9	9:00- 9:45 am	\$110
02	Tues	Apr 16-May 21	9:00- 9:45 am	\$110
Lions (age 4-5)				
01	Tues	Mar 5-Apr 9	10:00- 10:45 am	\$110
02	Tues	Apr 16-May 21	10:00- 10:45 am	\$110

BUMBLIN' BALLET

(Ages 2.5- 4)

Instructor: House of Dance Staff

Location: House of Dance (378 Boston Post Road, Sudbury)

Bumblin' Ballet provides enrichment in a child's physical, social, emotional, language, and cognitive development. Every class provides child-centered, and age-appropriate activities taught by very loving and skilled instructors. At House of Dance, we strive to create a magical place where children learn to dance through imagination and creativity. This is a ballet-based creative movement program where children learn the basics of ballet (basic positions of arms and feet) while exploring their own movement potential. Parent/Guardian must remain in the building. (5 or 8 wks)

S#	Day	Date	Time	Price
1	Mon	Jan 29-Mar 25	2:15-3:00 pm	\$225
		(No class Feb 19th)		
2	Thu	Feb 8-Apr 4	2:15-3:00 pm	\$225
		(No Class Feb 22nd)		
3	Mon	Apr 1- May 6	2:15 – 3:00 pm	\$165
		(No Class April 15th)		

F.A.S.T • MINISPORTS

(Ages 3–pre k)

Instructor: F.A.S.T Athletics Coaching Staff

Location: J.J Lane

This program is a combination of warm-up games and sports such as soccer, kickball, and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork!

S#	Day	Date	Time	Price
01	Sat	Apr 27-Jun 1	1:00-1:45 pm	\$90
		(No Class May 25th)		



F.A.S.T • T-BALL

(Ages 3–Pre k)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center

All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 wks)

S#	Day	Date	Time	Price
01	Sat	Apr 27-Jun 1	2:00-2:45 pm	\$90
		(No Class May 25th)		

HIPPITY HOP

(Ages 4– 5)

Instructor: House of Dance

Location: House of Dance (378 Boston Post Road, Sudbury)

Has your child wanted to, “dance like the big kids?” Well now is his or her chance! Hippity Hop is hip-hop for the younger set. This class focuses on rhythm, body awareness, simple choreography and high-energy fun, all set to cool, funky, age-appropriate music! (6 wks)

S#	Day	Date	Time	Price
1	Fri	Feb 9 –Mar 22	4:00- 4:45 pm	\$185
		(No class Feb 23)		
02	Fri	Apr 5- May 17	4:00– 4:45 pm	\$185
		(No class Apr 19)		

INCLYOUSION SPORTS

(Ages 2-5)

Location: Community-Senior Center

Come join in as we bring back this new program through inclyousion sports! Register for interest and we will send you information directly once we have the dates and sports nailed down! Session 1 will focus on Track and Field and session 2 will focus on Football. (4 wks)

S#	Day	Date	Time	Price
01	Sat	Apr 27-May 18	9:00-9:50 am	\$140
02	Sat	Jun 1-22	9:00-9:50 am	\$140

PRESCHOOL PROGRAMS & MORE!

LITTLE DRAGONS KARATE

(Ages 3-4)

Instructor: Steve Nugent

Location: Community-Senior Center

Steve Nugent's karate for children program is a fun outlet for kids that is built upon the foundations of our martial arts values to provide your child with both mental and physical advantages. Our lesson plan emphasizes achievement based on merit, teaching our students to set goals, overcome obstacles, and celebrate their victories. We maintain an open, energetic, and fun environment without compromising the lessons that will carry forward into their social and academic lives. (14 wks)

S#	Day	Date	Time	Price
01	Wed	Jan 3– Apr 3	4:00-4:30pm	\$250

TOT LEARN TO SKATE

(Ages 4-6)

Instructor: FMC Staff

Location: William L. Chase Arena

For participants with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible. Participants must be potty trained. Skate rental is included with the class. Helmets are required for all participants. (8 wks)

S#	Day	Date	Time	Price
01	Sat	Jan 6- Feb 24	11:25 -11:50 am	\$160
02	Sat	Mar 2- Apr 20	11:25 -11:50 am	\$160
03	Sat	May 4- June 22	11:25-11:50 am	\$160



DOG OBEDIENCE TRAINING

(Ages 18+)

Instructor: Ready Dog Training – Maria Podolskaya

Location: Cole Center

Learn the least intrusive, minimally aversive methods to training your puppy/dog from a certified professional dog trainer. All dogs must be up to date with vaccinations with a negative fecal test. Bring: 4-6 foot Nylon leash, Treat Pouch, Training Treats. **NO** prong or choke chains. (6 wks)

Puppy Class (2-6 months)

S#	Day	Date	Time	Price
01	Tues	Jan 9- Feb 13	6:30-7:30 pm	\$150
02	Tues	Feb 27-Apr 2	6:30-7:30 pm	\$150

Beginners (7 months +)

S#	Day	Date	Time	Price
01	Tues	Jan 9-Feb 13	7:45-8:45 pm	\$135
02	Tues	Feb 27-Apr 2	7:45-8:45 pm	\$135

BOLLY

The Bollywood Workout



FAMILY BOLLYX

(Ages 5-65)

Instructor: Lana Israel

Location: Cole Center

Join Lana's family BOLLYX, the Bollywood inspired dance fitness class. This special 40 minute class is designed for parents and children to come together and enjoy fun-filled dynamic dance routines. (8 wks)

S#	Day	Date	Time	Price
01	Thu	Jan 18– Mar 7	6:15-6:55 pm	\$165/family
02	Thu	March 14-May 2	6:15-6:55 pm	\$165/family

BIRTHDAY PARTIES

The Cole Center invites you to host
Birthday Parties

**REGISTER ONLINE THROUGH COMMUNITY
PASS- SPACE IS LIMITED**

**Select Sundays Jan-May, 1-3PM
(No parties available on holiday weekends)**

**BIRTHDAY PARTIES ARE BACK AND BETTER THAN EVER!
NOW HOSTED BY RECREATION STAFF & OBSTACLE
FITNESS!**

ACTIVITIES:

**GAME ROOM: FOOSBALL, AIR HOCKEY, POP-A-SHOT, PING PONG, & A
POOL TABLE**

GYM: BASKETBALLS, DODGEBALLS, OBSTACLE COURSE, & MORE

CUSTOMIZE YOUR PARTY TO FIT YOUR NEEDS

\$285 FOR UP TO 25 KIDS



YOUTH PROGRAMS

ARCHERY INDOORS!

(Grades 4-7)

Instructor: On the Mark Archery Staff

Location: Cole Center

Are you ready to learn your new favorite sport? Join the program that has everyone raving about one of the world's most exciting sports: recurve archery. Patience, focus and discipline are the only things needed to find success and achieve consistent shot groups. Our unique lesson plans engage students in unique challenges while balancing out individualized attention and feedback. All equipment provided. (5 wks)

S#	Day	Date	Time	Price
01	Mon	Jan 8-Feb 12	6:15-7:15pm	\$172
		(No class on Jan 15)		
02	Mon	Feb 26-Mar 25	6:15-7:15pm	\$172
02	Mon	Apr 1- May 6	6:15-7:15pm	\$172
		(No class on Apr 15)		
03	Mon	May 13- Jun 17	6:15-7:15pm	\$172
		(No class on May 27)		

DYNAMIC RUNNING

(Ages 6-11)

Instructor: Kathy Fleming

Location: J.J. Lane Park

This class will help your child reach new levels in their athletic abilities. Your child will not only be faster and stronger, but they will be empowered and confident with their new awareness of pacing, sprinting and stamina. Kathy Fleming is the former Boston College track and field coach, Olympic Trials finalist in the 1500 mi, and a member of the world record Distance Medley Relay team who held the record for 27 years. She will share her knowledge about the key ways to build speed and endurance in young athletes. The class will also introduce other track and field events like hurdles, shot put, javelin, and starting techniques. The class also teaches proper hydration, stretching and drills. We end each session with a fun relay event. This class will be a fun introduction to the sport of track and field and your child will have fun and become a better athlete overall. Get your athlete running, jumping and throwing after the long winter. Running for speed and endurance is the basis for most team sports so get them ready! Learn some track techniques and empower them to reach for the stars. Bring your running shoes and a water bottle. (5 wks)

S#	Day	Date	Time	Price
01	Thu	Apr 25-May23	4:30-5:30 pm	\$120

HIP HOP

(Grades 1-2/Grades 3-5)

Instructor: House of Dance

Location: House of Dance (387 Boston Post Rd, Sudbury)

Our most popular form of dance, that will teach you confidence, style and foundation. Hip-Hop mixes original street styles (Breakin', Poppin', Lockin') which made their debut in society in the 1990's and early 2000's through choreography in music videos, award shows, and music television stations like MTV. In our Hip-Hop classes, we teach basics like choreography and rhythm and mix it with, of course, ROCK, BOUNCE and GROOVE! This is an all-ages class that promotes positivity and energy and enhances your dance portfolio with new moves every week. (6 wks)

Grades 1-2:	4:45-5:30pm
Grades 3-5:	5:30-6:15pm

S#	Day	Date	Time	Price
01	Fri	Feb 9- Mar 22	(see above)	\$185
		(No class Feb 23rd)		
02	Fri	Apr 5- May 17	(see above)	\$185
		(No class Apr 19th)		

IMPORVISATIONAL THEATER

(Grades 1-4)

Instructor: Cindy Wright

Location: Cole Center

In improvisational theater, most of what is performed is unscripted. The performers create the story, characters, and dialogue spontaneously. In this workshop, young performers will explore the techniques, which will help them grow as performers. (3 wks)

S#	Day	Dates	Time	Price
01	Fri	Mar 22, Apr 5, Apr 12	3:45-5:15 pm	\$65
		(No class Mar 29)		



YOUTH PROGRAMS



KARATE

(Ages 5-8+)

Instructor: Steve Nugent

Location: Community-Senior Center

Steve Nugent's karate for children program is a fun outlet for kids that is built upon the foundations of our martial arts values to provide your child with both mental and physical advantages. Our lesson plan emphasizes achievement based on merit, teaching our students to set goals, overcome obstacles, and celebrate their victories. We maintain an open, energetic, and fun environment without compromising the lessons that will carry forward into their social and academic lives. (14 wks)

Ages 5-7: 4:30-5:15pm

Ages 8+: 5:15-6:00pm

S#	Day	Date	Time	Price
01	Wed	Jan 3- Apr 3	(see above)	\$250

INCLYOUSION SPORTS

(Ages 6-10)

Location: Community-Senior Center

Come join in as we bring back this new program through Inclyouision Sports! There will be 2 4 week session in the Spring! Register for interest and we will send you information directly once we have the dates and sports nailed down!

Session 1 will focus on Track and Field and session 2 will focus on Football. (4 wks)

S#	Day	Date	Time	Price
01	Sat	Apr 27-May 18	10:00-10:50 am	\$140
02	Sat	Jun 1-22	10:00-10:50 am	\$140

INTRO TO THEATER #1

(Ages 5-7)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short theater performance at last class. They will wear costumes and use props (provided by the instructor). Class is appropriate for non-readers and beginner readers.

S#	Day	Date	Time	Price
01	Fri	Jan 5-Feb 16	3:30-4:30 pm	\$141 (7 wks)
02	Fri	Apr 26- May 31	3:30-4:30 pm	\$123 (6 wks)

INTRO TO THEATER #2

(Age 7-Age 10)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short performance/musical play at the last class. They will be assigned equitable, age appropriate roles to play and they will wear costumes and use props (provided by instructor). Acting exercises and theater games will be included.

S#	Day	Date	Time	Price
01	Fri	Jan 5-Mar 8 (No class Feb 23)	4:45-6:00 pm	\$177 (9 wks)
02	Fri	Apr 26- May 31	4:45-6:00 pm	\$123 (6 wks)

KID'S TEST KITCHEN

(Grades 1-5)

Instructor: Kids Test Kitchen Staff

Location: Community-Senior Center

On a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! We present kids the opportunity to explore new or familiar foods in their raw, non-manipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own. Lessons are planned to celebrate seasonal produce, whole grains, and legumes. Yes - join us again! Each scheduled series of classes offers fresh new recipes to prepare and explore! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. *Please clearly disclose all food allergies and/or dietary restrictions upon registration. (6 wks)

S#	Day	Date	Time	Price
01	Tues	Jan 9- Feb 13	4:00-5:00 pm	\$175
02	Tues	Jan 9- Feb 13	5:15-6:15 pm	\$175
03	Tues	Mar 5- Apr 9	4:00-5:00 pm	\$175
04	Tues	Mar 5- Apr 9	5:15-6:15 pm	\$175

SCHOOL VACATION PROGRAMS SEE PAGE 10

YOUTH PROGRAMS

KIDS BEGINNER TENNIS

(Ages 8-10)

Instructor: Jon Steckloff

Location: Connor Heffler Courts, 90 Oak St, Natick

Natick Recreation is pleased to offer Tennis Nights. This program aims to teach residents at the beginning/intermediate levels. The goal of this program is to promote the love of tennis by introducing games with goals that are fun and achievable. Taught by local instructor: Jon Steckloff. Must bring your own racquet. (8 wks)

S#	Day	Date	Time	Price
01	Tues	Apr 23 – June 11	4:00 – 5:00 pm	\$255
02	Tues	Apr 23 – June 11	5:00 – 6:00 pm	\$255

NASHOBA VALLEY SKI LESSONS

(Grades 3-8)

Instructor: Nashoba Valley Ski School

Location: Nashoba Valley Ski, Westford, MA

A chaperoned bus will leave the Cole Center at 7:30 am and travel to Nashoba Valley. Geared to beginners through intermediates, one-hour ski/snowboard lessons from 9:00-10:00 am plus 2-hours free ski per week. ***Attention Renters:** There will be a pre-season fitting with the rental staff from Nashoba at the Cole Center on TBD from TBD. Ski Rental is an additional \$180 paid directly to Nashoba and does NOT include helmets. Helmets may be purchased for \$60. ***NOTE: Renters who do not attend the fitting on TBD will need to go to Nashoba Valley on their own prior to the first week of the program and get sized. Please Note: After you register, our office will send a "Nashoba Valley Snow Sports Released Liability" to each participant to sign. These must be filled out before your child can ski or snowboard.**

Participants will be notified of cancellations.

***NOTE: If parents are interested in chaperoning, please email Tori Magarie at tmagarie@natickma.org and indicate your availability. (4 wks)**

S#	Day	Date	Time	Price
1	Sun	Jan 7-28	7:30 am-1:15 pm	\$450

PHONE-TOGRAPHY FOR KIDS

(Ages 8-12)

Instructor: Lovely Pictures Studio

Location: Cole Center

Whether you're interested in composition techniques for taking the best photos possible, or learning about new apps for capturing and editing pro-quality photos on your phone, this Phonetography Class is meant to master your phone photography. (4 wks)

S#	Day	Date	Time	Price
01	Tues	Jan 9– Jan 30	5:15-6:15 pm	\$135
02	Tues	Mar 5– Mar 26	5:15-6:15 pm	\$135

PARENTS NIGHT OUT

(Ages 5-11)

Instructor: Recreation Staff

Location: Cole Center

Drop the kids off for a night of games, crafts, and movies while you have your own night of fun. Supervised by CPR & FA certified staff. PIZZA will be served with a small pre-packaged snack. NO cash snack bar or vending will be available, at this time. **Multi-child discount: \$2 off per 2nd child and more PER INDIVIDUAL NIGHT REGISTRATION.**

Saturdays, 5:30-8:30 pm

January 13, 27; February 24; March 9, 23; April 6, 20;

May 4, 18; June 1, 15

Cost: \$25 per day

PHOTOGRAPHY FOR KIDS

(Ages 8-12)

Instructor: Lovely Pictures Studio

Location: Cole Center

Photography for Kids is designed to inspire youth ages 8-12 years old. They will learn the basic elements of photography in an experience-based group environment from a professional photographer.

During the course, students will learn how to use their camera, how to create impactful images and tell stories through their camera lens. Students will photograph in real-life situations and practice their new skills in natural environments in order to become better photographers. The course requires a camera (point-and-shoot camera Or DSLR). (4 wks)

S#	Day	Date	Time	Price
01	Tues	Jan 9– Jan 30	4:00-5:00 pm	\$135
02	Tues	Mar 5– Mar 26	4:00-5:00 pm	\$135

YOUTH LEARN TO SKATE

(Ages 6-15)

Instructor: FMC Staff

Location: William L. Chase Arena – 35 Windsor Ave, Natick

For participants with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible. Helmets are required for all participants, skate rental available for an additional fee. (8 wks)

S#	Day	Date	Time	Price
01	Sat	Jan 6 - Feb 24	10:55 -11:20 am	\$160
02	Sat	Mar 2 - Apr 20	10:55 -11:20 am	\$160
03	Sat	May 4- Jun 22	10:55 -11:20 am	\$160

SCHOOL VACATION PROGRAMS SEE PAGE 10

NATICK DRAMA WORKSHOP



Grades 5–8

Staff: Cindy Wright, Lisa Cigna, Patrick Conaway,
Pam Koskovich, Nick Peace

Location: Rehearsals at Cole Center

Location: Shows at Wilson Middle School

Tickets will be available prior to the show dates



This program gives children an opportunity to experience and explore theater arts through their participation in a musical production. One parent/guardian of each participant must attend one of the two mandatory meetings: Saturday, Jan 6 at 9:00 am at the Cole Center for an overview of our program and to sign up for various volunteer jobs. Times below are subject to change. Please note that there may be a special Sunday night rehearsal scheduled at a later date.

Fee: \$300

	Day	Date	Time
AUDITION	Sat	Jan 6	9:00 am-12:30 pm
REHEARSALS	Sat	Jan 13– Mar 9	9:00 am-12:30 pm
EXTRA REHEARSAL	Sun	TBA	5:00-8:30 pm
TECH REHEARSAL	Sun	Mar 10	12:00-5:00 pm
TECH WEEK	Mon-Thu	Mar 11-14	6:15-9:00 pm
	Fri	Mar 15	6:15-9:30 pm
SHOWS	Sat	March 16	2:00 pm & 6:30 pm
	Sun	March 17	2:00 pm

<https://www.natickdramaworkshop.org/learn>

TEEN CENTER

ABOUT

(Grades 6-10)

Location: Cole Center

The Teen Center is an affordable afterschool resource for middle and high school students (grades 6-10) living in Natick and/or attending Natick schools. As Teen Center members, participants take charge of their afternoons, hanging out with friends, doing homework, playing in the game room or gym, and so much more! Snacks are provided.

The mission of the program is to provide a fun, safe space to be after school, and to offer a wide variety of programming for participants to explore new and exciting opportunities. Participants who attend the teen center will learn independence and teamwork in an autonomous environment built for them.

As a drop-in program, participants may check in and out of the program on their own. The Teen Center/Natick Recreation and Parks are not responsible for participants once they check out and after the program closes for the night. This program is not licensed by the EEC.

MEMBERSHIP INFO

NTP MEMBERSHIP (Grades 6-10)

\$75/season

3 seasons: Fall (Sep-Nov), Winter (Dec-Mar), & Spring (Apr-June)

Membership registration is online, participants will receive Teen Pass on their first visit to use at drop-in programs.

Membership includes daily access to the Teen Center, special events, and discounts on all teen classes. Look for membership pricing in each program description.

5th GRADE MEMBERSHIP: Registration provides limited access to teen membership for just \$10/season.

SPRING 5TH GRADE MONDAYS

****5th Grade Mondays will begin on May 6th****

Current 5th graders can check out the Teen Center for the first time, starting in the last month of the school year! 5th graders will receive their own pass, and be able to visit 1 day/week this spring. This is a great preview of what is to come next year, when they can visit the Teen Center every day!

- Transportation from KMS & WMS is included, pickup in front of the school after dismissal.
- NTP Spring Membership is required, and participants must sign a Code of Conduct upon arrival.



Hours of Operation:

The Teen Center is open
Mondays-Thursdays from 2:10-6:00 pm

Early Release Days:

The Teen Center is open on early release days!

11:30am-6:00pm

- January 24
- February 7
- March 13
- April 3
- May 15

Holiday Schedule:

The Teen Center runs concurrent to the Natick Public Schools calendar. The program will **close** on the following dates:

- January 1, 15
- February 19-22
- April 10, 15-18
- May 27
- June 19th (If applicable)

Stay up to date with the Teen Center schedule, special events, and additional programming by following Natick Teen Programs on Facebook, checking our website, or the announcement board in



TRANSPORTATION

The Teen Center provides transportation to the Cole Center from Kennedy and Wilson Middle Schools. Participants will board the Natick Recreation and Parks van at school, and check into the Teen Center when they arrive. Pickup at both schools is in front of the school, at 2:10pm. On early release days, pickup is between 11:30am-11:45am.



TEEN PROGRAMS

ARCHERY INDOORS!

(Grades 4-7)

Instructor: On the Mark Archery Staff

Location: Cole Center

Are you ready to learn your new favorite sport? Join the program that has everyone raving about one of the world's most exciting sports: re-curve archery. Patience, focus and discipline are the only things needed to find success and achieve consistent shot groups. Our unique lesson plans engage students in unique challenges while balancing out individualized attention and feedback. All equipment provided.

S#	Day	Date	Time	Price
01	Mon	Jan 8-Feb 12	7:15-8:15 pm	\$172
02	Mon	Feb 26-Mar 25	7:15-8:15 pm	\$172
03	Mon	Apr 1- May 6	7:15-8:15 pm	\$172
		(No class Apr 15)		
04	Mon	May 13- June 17	7:15 -8:15 pm	\$172
		(No class May 27)		

DUNGEONS AND DRAGONS

(Grades 5-10)

Location: Cole Center

Want to go on fantastic adventures like your favorite book, movie and game characters? Brave enchanted woods, outwit foes and thwart ancient monsters! Come try Dungeons and Dragons! No experience necessary, but participants should bring their books and/or dice if available. Please bring a bagged dinner. **New class format:** sessions will run weekly for 6 weeks. (NTP member price: \$135)

S#	Day	Date	Time	Price
01	Fri	Jan 12-Feb 16	5:30-9:00 pm	\$145
02	Fri	Mar 8-Apr 12	5:30-9:00 pm	\$145
03	Fri	May 3-June 14	5:30-9:00 pm	\$145
		(No class May 24)		

FANTASTIC FRIDAYS

(Grades 4*-6)

Location: Cole Center

Enjoy a night out at Fantastic Fridays. The gym and game room are always open, with a DJ, ping-pong, air hockey, basketball, pool, and more. Concessions are for sale as a fundraiser for future activities. Theme nights include dodgeball, movie night, sports night, trivia night, and so many others! Chaperoned by recreation staff.

NEW 4th graders can join Fantastic Friday in the spring! Stop by either or both spring dates to check out the program! (We encourage pre-registration online, pay \$5 online or \$10 at door)

Fridays, 7:00-9:00 pm

Jan 12, Feb 2, Mar 22, Apr 12*, May 10*

Price: \$5/\$10

FANTASTIC FRIDAY - SKI NIGHTS!

(Grades 7 & 8)

Location: Cole Center

7th and 8th graders can have their own fantastic night out! Hit the slopes at Wachusett Mountain and ski under the lights with your friends! **NOTE:** Parent volunteers needed and will ski for free, please email nmiller@natickma.org with date if interested. ****Trips are weather dependent and are subject to change****

S#	Day	Date	Time	Price
01	Fri	Jan 19	5:00-10:30 pm	TBA
02	Fri	March 8	5:00-10:30 pm	TBA

I AM FIERCE

(Ages 11-14)

Location: Community-Senior Center

I AM FIERCE - a dynamic 6-week health and fitness program crafted exclusively for young girls, aimed at fostering education, inspiration, and empowerment. Every girl that participates in "I AM FIERCE" will experience improvement in physical fitness, the ability to make informed nutrition choices, improved confidence and self-esteem, and a mental capacity to manage time, stress/anxiety, and life balance.

S#	Day	Date	Time	Price
01	Tue/Thu	Jan 23-Mar 7	5:00-6:00 pm	\$397
		(No class Feb 20, 22)		

LIFEGUARD CERTIFICATION COURSE

(Ages 16+)

Instructor: Recreation Staff

Location: Memorial Beach

Lifeguards play a crucial role at all pools, ponds, and beaches. Become a Red Cross certified lifeguard and take steps towards an amazing summer job! Course completion requires online work, in-person training, and a passed written exam. Students will receive all required work ahead of time.

S#	Day	Date	Time	Price
01	Fri-Sun	June 7-9	TBD	\$200

YOGA FOR EVERYBODY

(Grades 5-8)

Instructor: Eve Costarelli, Move with Eve

Location: Community-Senior Center

Move With Eve is my special blend of yoga, dance, Qigong, rhythm and meditation where participants can explore and experience the joy of movement and freedom of expression within a supportive, creative environment, regardless of experience and/or abilities. Yoga is especially helpful in the tween & teen years as it gives the participants accessible tools to develop healthy habits to deal with life's ups, downs and everything-in-betweens. This class is balanced with exercise and relaxation and above all fun. All abilities and levels of experience are welcomed for this one-of-a-kind experience! (9wks)

S#	Day	Date	Time	Price
1	Tue	Jan 23-Mar 19	3:45-4:45 pm	\$100

TEEN BEGINNER/INTERMEDIATE TENNIS

(Ages 11-14)

Instructor: Jon Steckloff

Location: Connor Heffler Courts, 90 Oak St, Natick

Natick Recreation is pleased to offer Tennis Nights. This program aims to teach residents at the beginning/intermediate levels. The goal of this program is to promote the love of tennis by introducing games with goals that are fun and achievable. Taught by local instructor, Jon Steckloff. Must bring your own racquet. (8 wks)

S#	Day	Date	Time	Price
01	Sun	Apr 28 – Jun 23	10:00– 11:00 am	\$255
		(No class May 12th)		

SKYLINE ADAPTIVE CLASSES

Serving the Natick Community and surrounding towns with adaptive programs for individuals with special needs.

There are different levels of support available for each program, we may ask that an individual attends with an aide. The level of support we are able to provide is different based on a variety of factors including staffing, location, duration, ticket availability, accommodations of the space and more. Please do not hesitate to reach out with questions on support.

“ALLIDAY” LIGHTS TOUR

(Teens and Adults)

Location: Emails will determine where to meet each week!

We will be embarking on a few light tours around the neighborhoods! It is always nice to celebrate ALL the Holidays happening so we are having an “Alliday” Lights Tour throughout Natick neighborhoods. Individuals will be expected to dress appropriate for the weather. The tour will include hot chocolate for those who are interested. *December 22 will include voting for our favorite House that is participating in the Holiday lights contest and will be both a bus ride and walking around.

S#	Day	Date	Time	Price
01	Fri	Dec 8	7:00-8:30 pm	\$20
02	Fri	Dec 22	7:00-8:30 pm	\$20

ARROWHEAD VACATIONERS

(Arrowhead participants)

Location: Cole Center

Some of the Arrowhead staff will be putting together programming for individuals to come hang out and bring a bit of summer magic to our December break! This program will be designed for individuals who have attended Arrowhead in the past. The program cannot guarantee to have 1:1's for every registered individual, however if you would like to request a volunteer we will work to find one for your participant. If you would like to send your own 1:1 individual to attend with the participant that is allowed as well. We will not have a Nurse and cannot hand out medications.

S#	Day	Date	Time	Price
01	Wed	Dec 27	9:00 am-3:00 pm	\$60
02	Thur	Dec 28	9:00 am-3:00 pm	\$60
03	Fri	Dec 29	9:00 am-3:00 pm	\$60

BINGO & DINNER NIGHT

(Teens and Adults)

Location: Cole Center

We are so excited to put together a Bingo night at Cole! We will spend some time picking/making our BINGO cards then play as many rounds as we can! Dinner included. Prizes for the winners!!

S#	Day	Date	Time	Price
01	Wed	Apr 10	4:00-6:30 pm	\$30

COFFEE HOUSE

(Teens and Adults)

Location: Community-Senior Center

Come sing karaoke, socialize and dance with friends! Pre-registration will be required by the Wednesday before the Friday event. Light snacks/refreshments will be provided but please make sure your participant eats dinner prior to their arrival.

S#	Day	Date	Time	Price
01	Fri	Jan 5	7:00-9:00 pm	\$20
02	Fri	Feb 2	7:00-9:00 pm	\$20
03	Fri	Mar 1	7:00-9:00 pm	\$20
04	Fri	Apr 5	7:00-9:00 pm	\$20
05	Fri	May 3	7:00-9:00 pm	\$20
06	Fri	Jun 7	7:00-9:00 pm	\$20

DAVE AND BUSTERS MEET-UP

(18+)

Location: Meet at Dave and Busters

The special event crew always loves a good meal and gaming event at Dave and Busters! Come join us as we play and eat at this fan favorite.

S#	Day	Date	Time	Price
01	Sun	Apr 14	12:00-4:00pm	\$92

DINNER MOVIE AND GAMES

(Teens and Adults)

Location: Cole Center

Each program we will have a different dinner. If you have food restrictions please indicate that on your registration. We will do our best to accommodate individuals with varying diets and remember you can always bring your own dinner. Registration closes Wednesday before the event for food count and we do not take registration at the door.

S#	Day	Date	Time	Price
01	Fri	Jan 19	6:30-9:00 pm	\$20
02	Fri	Feb 23	6:30-9:00 pm	\$20
03	Fri	Mar 8	6:30-9:00 pm	\$20
04	Fri	Apr 19	6:30-9:00 pm	\$20
05	Fri	May 17	6:30-9:00 pm	\$20
06	Fri	Jun 14	6:30-9:00 pm	\$20

SKYLINE ADAPTIVE CLASSES

Serving the Natick Community and surrounding towns with adaptive programs for individuals with special needs.

INCLYOUSION SPORTS (Ages 2-10)

****See pages 12 and 16****

ADAPTIVE AFTER SCHOOL TRIPS

(Ages 17-22)

Location: Cole Center

Come join us in our brand new afterschool programming! We will be embarking on a new afterschool field trip! The trips are planned closer to the dates and you can register for each individual trip. Only individuals who have pre-registered a week in advance will be able to attend field trips. Please note some field trips will have waivers that must be signed prior to the day of the trip. *No 1:1 aides are provided for trips and individuals must be able to independently ride the bus and navigate an offsite trip.

Thursdays, 2:30-5:00 pm

January 11, February 1, 15, March 7, 21, April 4

Cost: \$45 per trip

ADAPTIVE AFTER SCHOOL PROGRAMMING

(Ages 17-22)

Location: Community-Senior Center

Socialize with peers and enjoy adaptive programming after-school. Registration will be per month (2 weeks at a time) We will have 1 hour of optional gym time as well as space to socialize, enjoy snacks, do homework, and or quiet activities.

Thursdays, 2:30-5:00 pm

January 18 ,25; February 8, 29; March 14, 28; April 11 & TBD

\$45 per month

MYSTIC AQUARIUM TRIP

(Ages 18+)

Location: Meet at the Cole Center

We are excited to embark on a journey all the way to Mystic Connecticut to enjoy their wonderful aquarium. Lunch will be provided on this trip as well as a fun aquarium experience.

*Individuals must be able to sit independently on the bus for long periods of time due to the distance of this program.

S#	Day	Date	Time	Price
01	Sun	May 19	10:00-5:00 pm	\$110

SOFTBALL

(Ages 18+)

Location: Cole Center

Skyline softball is headed back to our fields this Spring. Last year we tried out the Spring season and got the better weather so let's hope it works again! Come learn the fundamentals of softball with the crew! (6 wks)

S#	Day	Date	Time	Price
01	Tue	April 30 -June 4	6:30-8:00pm	\$90

HOOPS JUNIOR

(Ages 6-18)

Location: Community-Senior Center

It is basketball season and our team has been waiting to get back on the court! This program is built for school aged individuals. We teach the fundamentals of basketball and try to add additional staff for individuals who may need more support. If you are unsure which Hoops class to sign up for please contact Melissa Carter prior to registering to discuss eligibility. (8 wks)

S#	Day	Date	Time	Price
	Sat	Jan 6-Mar 9	11:15-12:00 pm	\$130
(No class Jan 13 and Feb 17)				

TICKET TO ADVENTURE

(Ages 18+)

Location: Meet at the Cole Center

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends. *Please note we only have 2 wheelchair hookups in our van.

S1 Dates: Jan 6, 20, Feb 3, 17, Mar 2, and 16

S2 Dates: Mar 30, Apr 13, 27, May 11, 25, and June 8

S#	Day	Date	Time	Price
1	Sat	(See above)	5:30-10:30 pm	\$315
2	Sat	(See above)	5:30-10:30 pm	\$315

VIRTUAL CAMP FIRE

(Teens and Adults)

Location: Virtual Online

It is time to buckle in and sit around a virtual campfire for stories, games and memory shares!

S#	Day	Date	Time	Price
01	Tue	Jan 23	6:30-7:30 pm	\$5
02	Tue	Feb 13	6:30-7:30 pm	\$5
03	Tue	Mar 12	6:30-7:30 pm	\$5

SKYLINE SPECIAL EVENTS

Serving the Natick Community and surrounding towns with adaptive programs for individuals with special needs.

SNOWBALL DANCE

(Teens and Adults)

Location: Community-Senior Center

Our beloved Snowball Dance is back! This dance is a staple of winter. It starts with Dinner in the great room and moves to dancing in the Gym.

S#	Day	Date	Time	Price
1	Fri	Feb 9	6:00-9:00 pm	\$20
2	Fri	Feb 9	6:00-7:30 pm	\$10 (Dinner Only)
3	Fri	Feb 9	7:30-9:00 pm	\$10 (Dance Only)



ST. PATRICK'S DANCE

(Teens and Adults)

Location: Community-Senior Center

Celebrate Saint Patrick's with us at the Community-Senior Center! Dance the night away with friends both old and new.

S#	Day	Date	Time	Price
1	Fri	March 15	7:00-9:00 pm	\$10



SKYLINE ADAPTIVE CLASSES SPECTACULAR SATURDAY

Winter

(18+)

Location: Community-Senior Center

Jan 6, 20, 27, February 3, 10, 24, March 2, and 9

Price: \$130 (for each class)

This program is an all-day event that Skyline has been hosting for many years. You can pick one program or multiple to fill out your whole day. You may only choose one program from each time slot and choices are for all 8 weeks. If you register for consecutive Saturday day programs, you will be allowed to stay in the building. (8 wks)

- | | |
|------------|-------------------------|
| 9:00 a.m. | ★ OPEN GYM |
| 10:00 a.m. | ★ SKYLINE HOOPS |
| | ★ MOVE WITH EVE |
| 11:00 a.m. | ★ FUN WITH ART |
| | ★ CREATIVE FUN FITNESS |
| 12:00 noon | ★ LUNCH BUNCH |
| 1:00 p.m. | ★ BOARD GAMES |
| | ★ ADL FITNESS WITH JESS |
| 2:00 p.m. | ★ NANCY KELLEY DANCE |
| | ★ ADL FITNESS WITH JESS |

Please see class descriptions on page 26

SKYLINE ADAPTIVE CLASSES SPECTACULAR SATURDAY

Spring

(18+)

Location: Community-Senior Center

March 30, April 6, 20, 27, May 4, 18, June 1 and 8

Price: \$130 (for each class)

This program is an all day event that Skyline has been hosting for many years. You can pick one program or multiple to fill out your whole day. You may only choose one program from each time slot and choices are for all 8 weeks. If you register for consecutive Saturday day programs, you will be allowed to stay in the building. (8 wls)

9:00 a.m. ★ OPEN GYM

10:00 a.m. ★ KICKBALL

★ MOVE WITH EVE

11:00 a.m. ★ FUN WITH ART

★ CREATIVE FUN FITNESS

12:00 noon ★ LUNCH BUNCH

1:00 p.m. ★ BOARD GAMES

★ ADL FITNESS WITH JESS

2:00 p.m. ★ NANCY KELLEY DANCE

★ ADL FITNESS WITH JESS

Please see class descriptions on page 26

SPECTACULAR SATURDAYS

Class Descriptions

SKYLINE HOOPS (WINTER ONLY)

Instructor: Coach Dave

Time: 10:00-10:45 am

It is basketball season and our team has been waiting to get back on the court! Whether you are a beginner or a pro this program is likely to fit your basketball needs this Winter. *There will be a tournament for basketball on March 16 and anyone participating in basketball is invited to join- more information will come as it gets closer.

KICKBALL (SPRING ONLY)

Instructor: Skyline Staff

Time: 10:00-10:45 am

We will be utilizing the space to the best of our abilities and play kickball outside on the field or in the gym if it is bad weather. Come join our teams first year of Kickball!

All other programs are offered in both Winter and Spring

OPEN GYM TIME

(WITH STRUCTURED CLASS OPPORTUNITY)

Time: 9:00-9:45 am

We are trying out something new! We have open gym available while also having a stretch aerobics class that is run by a member of the Skyline team. This time frame will be a free for all each week. If you want structure to the 45 minute class you can attend the aerobics class, if you want to do your own thing in the gym we will have staff supervising but not programming at this time. You can use it to shoot around, walk around the outside of the gym, practice skills, anything you could imagine during an open gym timeframe. We are testing out a free for all while having the ability to go to a structured program throughout that time. Each week it is your choice to choose between the 2! 1 registration- multiple options!

MOVE WITH EVE

Instructor: Eve Costarelli

Time: 10:00-10:45 am

Move with Eve is part yoga, dance and Qigong where participants can explore and experience the joy of movement and freedom of expression within a supportive, creative environment, regardless of experience. All are welcomed for this one of a kind experience! Walk, roll, or stroll!

FUN WITH ART

Time: 11:00-11:45 am

Use your imagination and explore many ways to have fun with art.

CREATIVE FUN FITNESS

Instructor: Joanne Shmalenberger

Time: 11:00-11:45 am

Description: Join Joanimal for 45 minutes of creative fitness with obstacle courses, and lots of fun ways to move your body.



LUNCH BUNCH

Time: 12:00-12:45

Join us for lunch as we socialize and eat together at the Community-Senior Center! You must register for this class in order to participate in lunch being ordered. You must register in order to attend.

Order with us- \$130

Each week we will have different options delivered to us. We will provide the meals and inform participants each week of the option, you can eat that or bring your own. There will be no substitutions. The cost for this program will cover the lunch each week as well as staffing costs.

Bring your own- \$40

You will need to bring your own lunch if you register for this option. *Cost- there is a charge to this class for the staff supporting the individuals during this time and cleaning before and after.

BOARD GAMES

Time: 1:00-1:45 pm

Let's get together to play some games! We may include games without boards such as Uno and Yahtzee. Each week we will have a new option to play while still having fan favorite games around for people to enjoy.

ADL FITNESS WITH JESS

Instructor: Jess Spencer

Time: 1:00-1:45 pm OR 2:00-2:45 pm

Come join the fitness fun group with Coach Jess. We will be getting a workout in and working on activities of daily living, like sitting in a chair and picking objects off the floor. We will be using a mix of body weight exercises and movements that require weights, like dumbbells and kettlebells! All are welcome and exercises will be modified as needed!

DANCE WITH NANCY KELLEY

Instructor: Nancy Kelley

Time: 2:00-2:45 pm

Come join in on the fun and learn popular dance moves to catchy songs.

ADULT PROGRAMS

ADULT BEGINNER/INTERMEDIATE TENNIS (Ages 18+)

Instructor: Jon Steckloff

Location: Connor Heffler Courts, 90 Oak St, Natick

Natick Recreation is pleased to offer Tennis Nights. This program aims to teach residents at the beginning/intermediate levels. The goal of this program is to promote the love of tennis by introducing games with goals that are fun and achievable. Taught by local instructor: Jon Steckloff. Must bring your own racquet. (8 weeks)

S#	Day	Date	Time	Price
01	Tue	Apr 23-Jun 11	6:00-7:00 pm	\$255
02	Sun	Apr 28-Jun 23	9:00-10:00 am	\$255
(No class May 12)				

ADULT LEARN TO SKATE (Ages 16+)

Instructor: FMC Staff

Location: William L. Chase Arena

It's never too late to learn how to skate! Participants 16 years and older are invited to learn to skate or enhance skating skills in a fun and comfortable environment. Skaters will be grouped by age/or ability if possible. Helmets are required for all participants, skate rental available for an additional fee.

S#	Day	Date	Time	Price
01	Sat	Jan 6 - Feb 24	10:00-10:50 am	\$176
02	Sat	Mar 2 - Apr 20	10:00-10:50 am	\$176
03	Sat	May 4 - Jun 22	10:00 -10:50 am	\$176

ARCHERY INDOORS! (Grades 9+)

Instructor: On the Mark Archery Staff

Location: Cole Recreation Center

Are you ready to learn your new favorite sport? Join the program that has everyone raving about one of the world's most exciting sports: recurve archery. Patience, focus and discipline are the only things needed to find success and achieve consistent shot groups. Our unique lesson plans engage students in unique challenges while balancing out individualized attention and feedback. All equipment provided.

S#	Day	Date	Time	Price
01	Mon	Jan 8-Feb 12	7:15-8:15 pm	\$172
02	Mon	Feb 26-Mar 25	7:15-8:15 pm	\$172
03	Mon	Apr 1- May 6	7:15-8:15 pm	\$172
(No class Apr 15th)				
04	Mon	May 13- June 17	7:15-8:15 pm	\$172
(No class May 27)				



NEW!!

BADMINTON (Ages 18+)

Location: Community-Senior Center

NEW!! Natick Recreation and Parks is now offering Badminton on Friday nights at the Natick Community-Senior Center. All skill levels are welcome and equipment is provided. Participants will play pick-up games with different pairings each week. Players must be out of high school. (10 or 11 wks)

S#	Day	Date	Time	Price
01	Fri	Jan 12-Mar 22	7:15-9:15pm	\$50
(No program Feb 9)				
02	Fri	Mar 29-June 7	7:15-9:15pm	\$55

BOLLYX (Ages 14-65)

Instructor: Lana Israel

Location: Cole Center

Experience Lana's electrifying BOLLYX class! Immerse yourself in vibrant Bollywood-inspired dance, invigorating choreography, and infectious beats for a thrilling workout. Join today and leave feeling accomplished and energized. (8 wks)

S#	Day	Date	Time	Price
01	Thu	Jan 4-Feb 22	7:05 -7:55 pm	\$135
02	Thu	March 7-Apr 25	7:05 -7:55 pm	\$135

CO-ED VOLLEYBALL (Ages 18+)

Location: Community-Senior Center

Players must be out of high school. Participants will play pick-up volleyball with different teams each week. (11 wks)

S#	Day	Date	Time	Price
01	Wed	Jan 10-Mar 20	6:30-8:30pm	\$55
02	Wed	Mar 27-June 5	6:30-8:30pm	\$55

LIFEGUARD CERTIFICATION COURSE (Ages 16+)

See page 20

ADULT PROGRAMS



MEN'S OVER 50 BASKETBALL

(Ages 50+)

Location: Community-Senior Center

Participants will play pick-up basketball with different teams each week. (10 wks)

S#	Day	Date	Time	Price
01	Tue	Jan 9-Mar 19 (No program Mar 5)	7:00-8:30pm	\$50
02	Tue	Apr 2-June 4	7:00-8:30pm	\$50

MEN'S OVER 30 BASKETBALL

(Ages 30+)

Location: Wilson Middle School

Participants will play pick-up basketball with different teams each week. **Please note** the location change, both sessions will now take place at Wilson Middle School. (9 or 10 wks)

S#	Day	Date	Time	Price
01	Tue	Jan 16-Mar 19 (No program Mar 5)	7:00-8:30pm	\$45
02	Thu	Jan 18-Mar 21	7:00-8:30pm	\$50
03	Tue	Apr 2-June 4 (No program May 28)	7:00-8:30pm	\$50
04	Thu	Mar 28-June 6 (No program May 23, 30)	7:00-8:30pm	\$50

PICKLEBALL

(Ages 18+)

Location: Community-Senior Center

Participants will play a pick-up format with different teams each week. **Mondays** will be geared for the more players at an intermediate level - Experienced player, those who are consistent in most aspects of the game. USA Pickleball rating of 3.5 and above. **Thursdays** will be geared for advanced beginner players – those that have played games, understand the basic rules and fundamental pickleball skills – USA Pickleball rating between 2.5 and 3.0. (8 or 11 wks)

S#	Day	Date	Time	Price
01	Mon	Jan 8-Mar 18 (No class Jan 15, Feb 19, Mar 4)	6:30-8:30pm	\$40
02	Thu	Jan 11-Mar 21	6:30-8:30pm	\$55
03	Mon	Apr 1-June 3	6:30-8:30pm	\$50
04	Thu	Mar 28-June 6	6:30-8:30pm	\$55

T'AI CHI

(Ages 18+)

Location: East School

T'ai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed, meditative movements. T'ai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements, connecting the mind and body!

S#	Day	Date	Time	Price
01	Mon	Jan 8	7:00-8:00pm	FREE
02	Mon	Jan 22-Mar 25	6:30-7:30pm	\$90
Beginner (No class Feb 19)				
03	Mon	Jan 22-Mar 25	7:45-8:45pm	\$90
Advanced (No class Feb 19)				
04	Mon	Apr 1-June 24	6:30-7:30pm	\$90
Beginner (No class Apr 15, May 25)				
05	Mon	Apr 1-June 24	7:45-8:45pm	\$90
Advanced (No class Apr 15, May 25)				

WOMEN'S BASKETBALL

(Ages 18+)

Location: Wilson Middle School

Players must be out of high school. Participants will play pick-up basketball with different teams each week. (7 or 9 wks)

S#	Day	Date	Time	Price
01	Mon	Jan 22-Mar 18 (No class Feb 19, Mar 4, 25)	7:00-8:30pm	\$35
02	Mon	Apr 1-June 10 (No class April 15, May 27)	7:00-8:30pm	\$45

WOMEN'S SLOW-PITCH SOFTBALL

(Ages 18+)

Location: Coolidge Field

For participants ages 18+ who have graduated high school by the start of the program. When registering, please indicate the team you would like to play for. Teams from previous years get priority, but we will try to accommodate all who register. Each game is scheduled to start promptly at 6:15pm.

S#	Day	Date	Time	Price
01	Tue/Thu	May 14-Early Aug	6:15pm	\$60

WOMEN'S SELF DEFENSE

(Ages 18+)

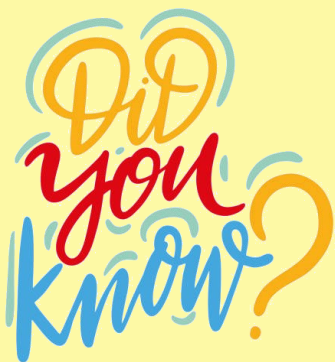
Instructor: Steve Nugent

Location: Community Senior Center

This 1 hour class will not only teach basic self defense techniques but will help you to think about how to react in unexpected or dangerous situations. Any fitness level is welcome. Wear loose fitting clothing and NO jewelry.

S#	Day	Date	Time	Price
01	Wed	Mar 27	6:30 – 7:30pm	\$30
02	Wed	May 22	6:30 – 7:30pm	\$30

ADDITIONAL COMMUNITY SERVICES



Natick Recreation and Parks
is just one piece of the
Natick Community Services
Department, which also includes:

The Council on Aging & Human Services
Sassamon Trace Golf Course
Natick Community Organic Farm
Veteran's Services

Stay tuned this year for collaborations coming your way from all of the above. In the mean time, check out some of the great programs and services being offered this Winter/Spring!

**Looking to rent a space for your next event?
Interested in athletic field availability?**

Please follow the steps below and we will get back to you within a few business days



1. Decide on your dates and times.
(we are unable to provide a list of availability as we are always in the process of reviewing requests)
1. Complete the appropriate application and email to Kathy at kgross@natickma.org
2. If we are able to accommodate your request, you will also be asked to provide liability insurance to complete your rental.

NATICK COMMUNITY-SENIOR CENTER

RENTAL APPLICATION

www.natickma.gov/DocumentCenter/View/13100/Community-Senior-Center-Rental-Application



RECREATION AND PARKS

FIELD REQUEST FORM

www.natickma.gov/DocumentCenter/View/14289/Field-Request-form-2023



COUNCIL ON AGING & HUMAN SERVICES



Sign up for our e-blast and newsletter to keep up with all new offerings!
Please visit the council on aging website at
<https://www.natickma.gov/1049/Newsletter-Print-and-E-blast>

PROGRAMS

We are hard at work on the COA January/February 2024 newsletter! At the Natick Community-Senior Center, we are proud to provide a wide variety of programs and events.

Our current offerings include:

Line Dancing, Painting with Watercolors, Pickleball, Floral Creations, Learning about Artificial Intelligence, Muscle Building, Energy Healing Yoga and much more!

Stay tuned for the following offerings coming your way soon!



Handweaving



Contact Rose McDermott with any questions or ideas regarding programming
At (508) 647-6400 ext. 1930

HUMAN SERVICES INFORMATION AND REFERRAL



Our Information and Referral specialist will take the time to understand your questions and will refer you to the services, benefits and programs that will meet your needs, such as access to health care, disability services, food assistance programs, hoarding support, legal assistance, mental health services, transportation and more.

Please call us at (508) 647-6519 for an assessment of your needs.

CAREGIVER SUPPORT

Are you caring for a family member or friend with a chronic illness or disability and interested in joining a caregiver support group? We will be starting a group that will be held the second Thursday of each month from 2:00 - 3:00 p.m. The group will be facilitated by Debbie Budd, LSW, Assistant Director, Services and Outreach, Natick Human Services and will offer mutual support, shared experiences and resources. Please call Debbie at 508-647-6540, ext. 1906 with any questions.

MEANINGFUL CONNECTIONS MEMORY CAFÉ

Our memory café is a welcoming and supportive gathering for individuals diagnosed with memory loss and their care partners. Join us for companionship, entertainment, resources and a light lunch. The Meaningful Connections Memory Cafe is free of charge and is held at the Natick Community-Senior Center, 117 East Central Street, Natick, the third Thursday of each month from 11:30 a.m. – 1:00 p.m. Registration is required. To reserve your place or to learn more, please contact Debbie Budd at 508-647-6540, ext. 1906.

VETERAN'S SERVICES



Paul Carew, Veteran's Services Director, can assist you in applying for government benefits or with other questions you may have. You can reach Paul by calling (508) 647-6545 or emailing pcarew@natickma.org

SASSAMON TRACE GOLF COURSE

Information

The Town of Natick is proud to provide Natick with a quality 9-hole, par 32 golf course conveniently located at 233 South Main Street. Sassamon Trace offers a wide variety of services and merchandise to serve your golfing needs.

2024 Season Passes (Resident Fees)

Currently all passes are sold out Please email to add your name to the waiting list for future seasons: sassamontrace@rcn.com

9-Hole Daily Golf Fees

Tee-times can be made a week in advance

Adult Group Instruction

There will be 5 hours of instruction spread over 4 meetings.
Classes focus on new and beginning golfers.
Fee: \$150 per 4 week session.

Instruction Registration begins online on March 1 at
sassamontrace.com



233 South Main Street
Open 6:00 am– Dusk
(508) 655-1330



Junior Group Instruction

There will be 5 hours of instruction spread over 4 meetings on Monday through Thursday. Emphasis will be placed on sound fundamentals and swing techniques.
Fee: \$150 per 4 day session - for juniors 10 and older

For ages 6-9 a 30 minute class will be held Monday-Thursday from 11:15-11:45. Fee: \$75 per 4 day session

Class size is limited to 4 students for greater personal attention. Golf equipment will be provided if needed.

Instruction Registration begins online on March 1 at
sassamontrace.com

Adult and Junior Golf Leagues

Sassamon Trace offers the following recreational golf leagues.
Call 508-655-1330 for more info.

- Tuesday Evening Men's League
- Wednesday Evening Men's League
- Wednesday Morning Women's League
- Thursday Evening Women's League
- Fall Coed league



The Natick
Community
Organic Farm

Join us for

WINTER PROGRAMS ON THE FARM



For details about our scheduling,
pricing, and more, head to our
website:

[www.natickfarm.org
/community-programs](http://www.natickfarm.org/community-programs)



About Us

We offer programs for kiddos from 1.5 up to 14 years of age, every weekday. Whether you're looking for your preschooler, homeschooler, or afterschooler, the farm has a program for you!

**Members join and save! Enjoy
20% off Youth Programs and
Priority registration for
Summer Camp**



WINTER/SPRING EVENTS ON THE FARM:

Afterschool and Homeschool semester: January 2 - May 31

Summer Camp Registration for Members: January 16

Maple Magic Pancake Breakfast - Saturday, March 2

Maple Sugaring Tours- Late February through Mid March

Farm Fest/Seedling Sale - Saturday May 11

info@natickfarm.org // 117 Eliot St. Natick, MA 01760 // 508.655.2204